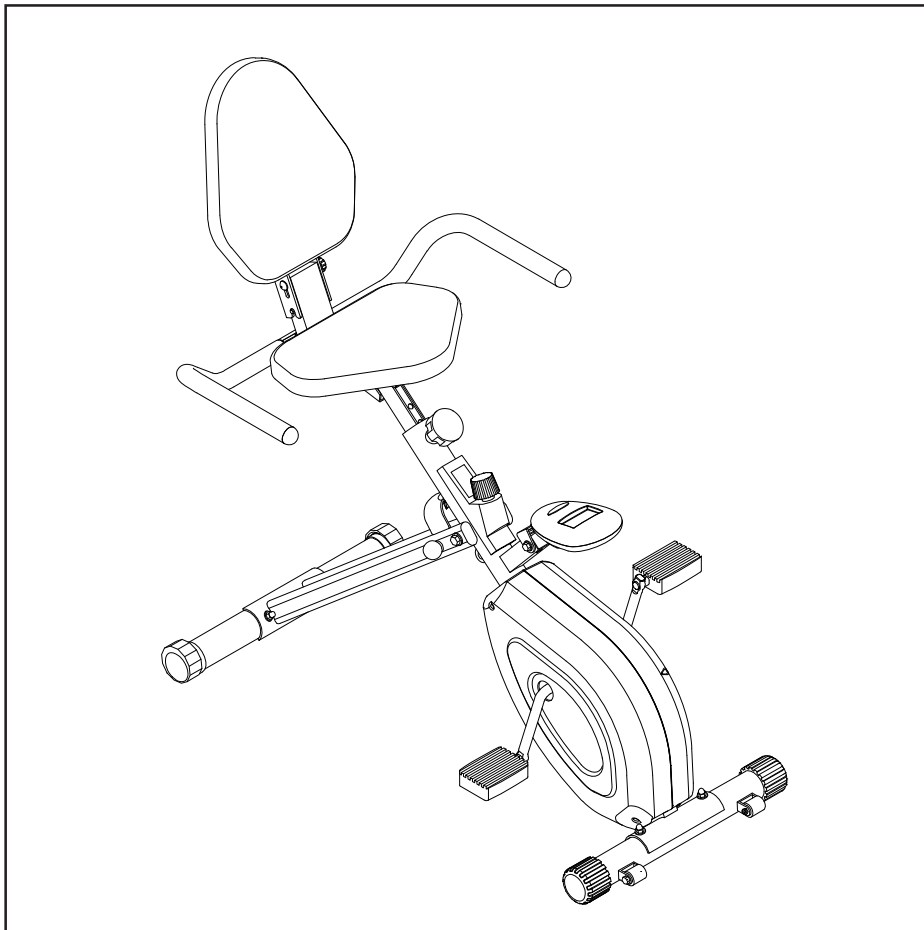


# *Stamina*® **INTONE**® *Folding Recumbent Bike*

## Owner's Manual



**CAUTION:**

Weight on this product should not exceed 250 lbs.

**⚠ WARNING ⚠**

Exercise can present a health risk. Consult a physician before beginning any exercise program with this equipment. If you feel faint or dizzy, immediately discontinue use of this equipment. Serious bodily injury can occur if this equipment is not assembled and used correctly. Serious bodily injury can also occur if all instructions are not followed. Keep others and pets away from equipment when in use. Always make sure all bolts and nuts are tightened prior to each use. Follow all safety instructions in this manual.

When calling for parts or service, please specify the following number:

**Model#: 15-0200A**  
**STAMINA PRODUCTS**  
MADE IN CHINA

Product May Vary Slightly  
From Pictured.

This Product is Produced Exclusively by



2040 N. Alliance, Springfield, MO 65803  
Customer Service  
1 (800) 375-7520  
[www.staminaproducts.com](http://www.staminaproducts.com)

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### SAFETY INSTRUCTIONS

**WARNING: To reduce the risk of serious injury, read the following Safety Instructions before using the INTONE® Folding Recumbent Bike.**

1. Read all warnings posted on the **INTONE® Folding Recumbent Bike**.
2. The **INTONE® Folding Recumbent Bike** should only be used after a thorough review of the Owner's Manual.
3. We recommend that two people be available for assembly of this product.
4. Keep children away from the **INTONE® Folding Recumbent Bike**. Do not allow children to use or play on the **INTONE® Folding Recumbent Bike**. Keep children and pets away from the **INTONE® Folding Recumbent Bike** when it is in use.
5. It is recommended that you place this exercise equipment on an equipment mat.
6. Set up and operate the **INTONE® Folding Recumbent Bike** on a solid level surface. Do not position the **INTONE® Folding Recumbent Bike** on loose rugs or uneven surfaces.
7. Make sure that adequate space is available for access to and around the **INTONE® Folding Recumbent Bike**.
8. Adjust the Leveling Caps(50) on the Rear Stabilizer(3) so that the **INTONE® Folding Recumbent Bike** sits on the floor without rocking.
9. Inspect the **INTONE® Folding Recumbent Bike** for worn or loose components prior to use. Tighten/replace any worn or loose components prior to using the **INTONE® Folding Recumbent Bike**.
10. Each user should adjust the seat per instructions on page 11.
11. Make sure the Seat Frame(5) is locked properly by the Adjustment Knob(41) located on the Main Frame(1).
12. Make sure the Back Support(6) is locked properly by the Pegs on the Seat Frame(5) and the Locking Knob(45).
13. Make sure the Rear Frame(2) is locked properly by the Pull Pin(47) when in storage.
14. Keep fingers clear of all pinch points when folding and unfolding the **INTONE® Folding Recumbent Bike**.
15. Consult a physician prior to commencing an exercise program. If at any time during exercise you feel faint, dizzy, or experience pain, stop and consult your physician.
16. Follow your physician's recommendations in developing your own personal fitness program.
17. Always choose the workout which best fits your physical strength and flexibility level. Know your limits and train within them. Always use common sense when exercising.
18. Do not wear loose or dangling clothing while using the **INTONE® Folding Recumbent Bike**.
19. Never exercise in bare feet or socks; always wear proper footwear such as running, walking, or cross training shoes that fit well, provide foot support, and feature non-skid rubber soles.
20. Be careful to maintain your balance while using, mounting, dismounting, or assembling the **INTONE® Folding Recumbent Bike**; loss of balance may result in a fall and serious bodily injury.
21. The **INTONE® Folding Recumbent Bike** should not be used by persons weighing over 250 pounds.
22. The **INTONE® Folding Recumbent Bike** should be used by only one person at a time.
23. The **INTONE® Folding Recumbent Bike** is for consumer use only. It is not for use in public or semipublic facilities.

**WARNING:** Before starting any exercise or conditioning program you should consult with your personal physician to see if you require a complete physical exam. This is especially important if you are over the age of 35, have never exercised before, are pregnant, or suffer from any illness. **READ AND FOLLOW THE SAFETY PRECAUTIONS. FAILURE TO FOLLOW THESE INSTRUCTIONS CAN RESULT IN SERIOUS BODILY INJURY.**

# CALL US FIRST



Customer Service

1 (800) 375-7520

[www.staminaproducts.com](http://www.staminaproducts.com)

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## THANK YOU FOR PURCHASING THE STAMINA® INTONE® Folding Recumbent Bike

To help you get started, we have pre-assembled most of your INTONE® Folding Recumbent Bike at the factory with the exception of those few parts left unassembled for shipping purposes. Simply follow the few assembly instructions set forth in this manual. With regular workouts, you will be getting your body into shape and be on your way to achieving a happier and healthier lifestyle.

Should you have any questions,  
please call our Customer Service Department toll-free number,  
**1 (800) 375-7520**

Monday - Thursday, 7:30 A.M. - 5:00 P.M., Central Time.

Friday, 8:00 A.M. - 3:00 P.M., Central Time.



**TELEPHONE**

CUSTOMER SERVICE  
Tel: 1 (800) 375-7520



**FAX**

CUSTOMER SERVICE  
Fax: (417) 889-8064



**ONLINE**

CUSTOMER SERVICE  
[customerservice@staminaproducts.com](mailto:customerservice@staminaproducts.com)  
[www.staminaproducts.com](http://www.staminaproducts.com)



**MAIL**

STAMINA PRODUCTS, INC.  
ATTN: Customer Service  
P.O. Box 1071  
Springfield, MO. 65801-1071

## BEFORE YOU BEGIN

Thank you for choosing the **INTONE® Folding Recumbent Bike**. We take great pride in producing this quality product and hope it will provide many hours of quality exercise to make you feel better, look better, and enjoy life to its fullest.

It's a proven fact that a regular exercise program can improve your physical and mental health. Too often, our busy lifestyles limit our time and opportunity to exercise. The **INTONE® Folding Recumbent Bike** provides a convenient and simple method to begin your assault on getting your body in shape and achieving a happier and healthier lifestyle.

Before reading further, please review the drawing below and familiarize yourself with the parts that are labeled.

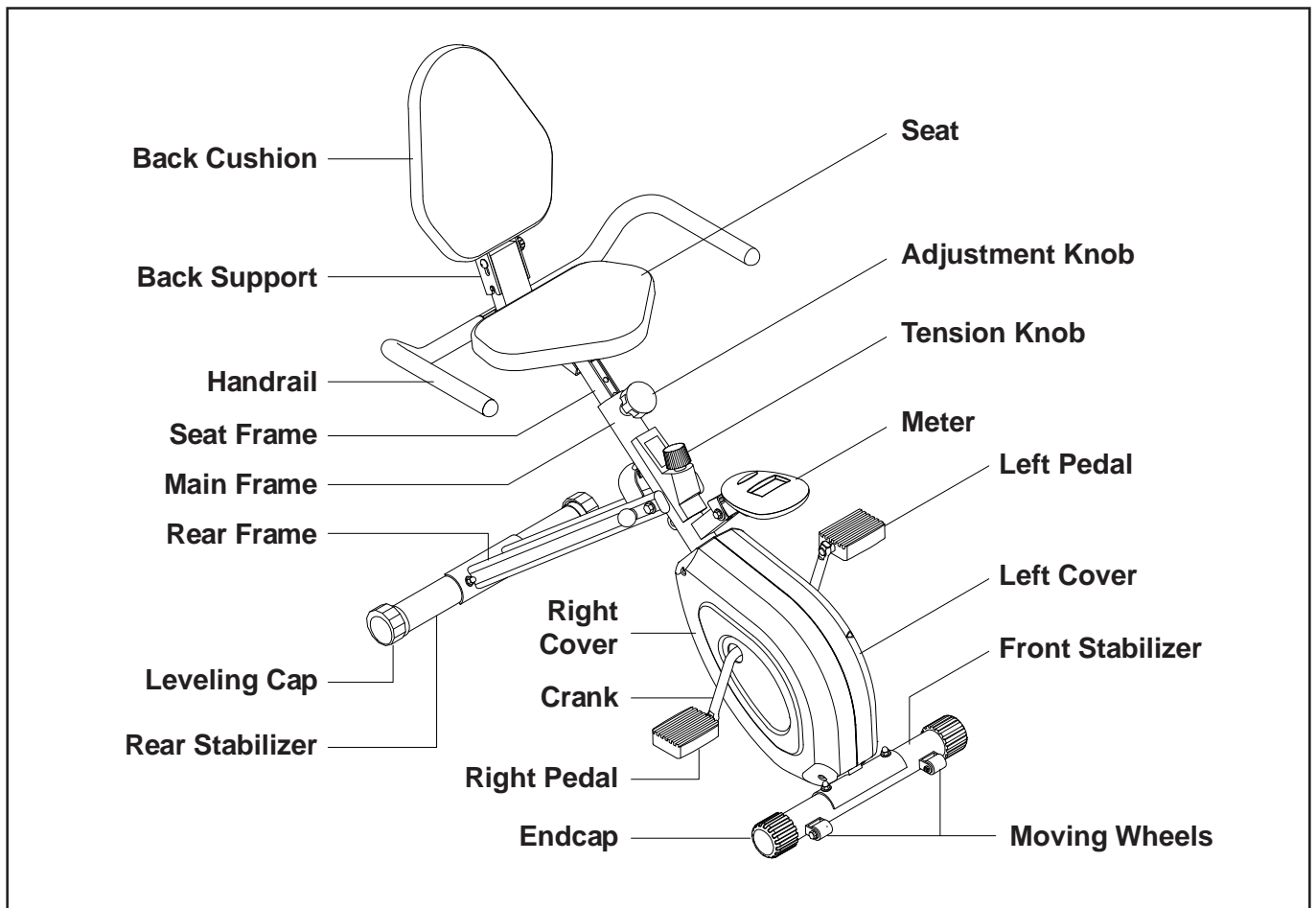
Read this manual carefully before using the **INTONE® Folding Recumbent Bike**.

Although Stamina constructs its products with the finest materials and uses the highest standards of manufacturing and quality control, there can sometimes be missing parts or incorrectly sized parts. If you have any questions or problems with the parts included with your **INTONE® Folding Recumbent Bike**, please do not return the product. Contact us **FIRST!**

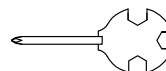
If a part is missing or defective, please call us toll free at 1-800-375-7520 (in the U.S.). Our Customer Service Staff is available to assist you from 7:30 A.M. to 5:00 P.M. (Central Time) Monday through Thursday and 8:00 A.M. to 3:00 P.M. (Central Time) on Friday.

If you would like to contact us online, go to our website at [www.staminaproducts.com](http://www.staminaproducts.com) and access the Customer Service section.

Be sure to have the name and model number of the product available when you contact us.



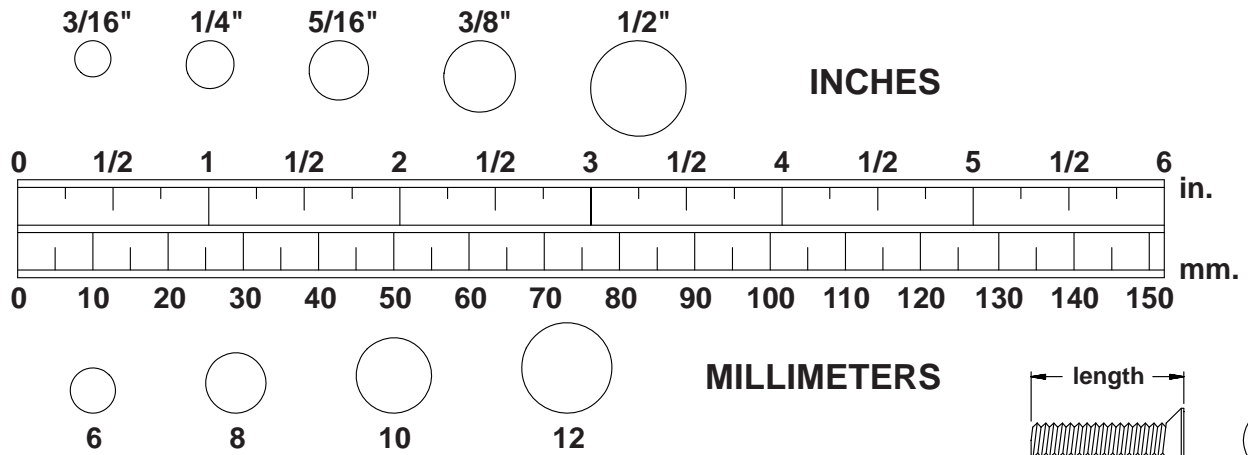
THE FOLLOWING TOOL IS INCLUDED FOR ASSEMBLY :



Combination Wrench

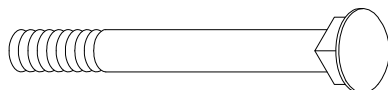
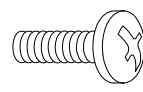
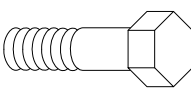
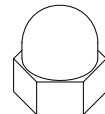


# HARDWARE IDENTIFICATION CHART

This chart is provided to help identify the hardware used in the assembly process. Place the washers or the ends of the bolts or screws on the circles to check for the correct diameter. Use the small scale to check the length of the bolts and screws.



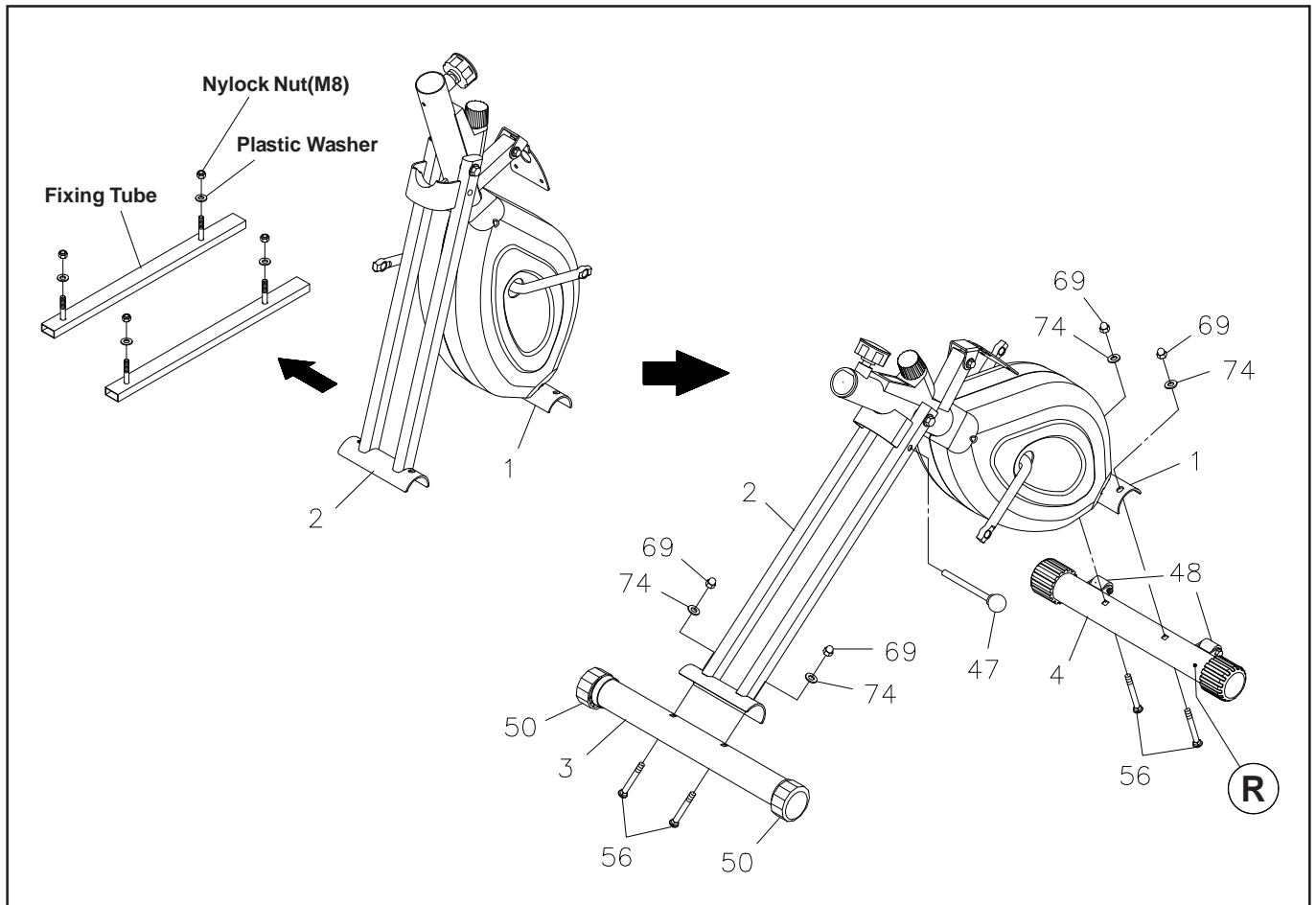
**NOTICE:** The length of all bolts and screws, except those with flat heads, is measured from below the head to the end of the bolt or screw. Flat head bolts and screws are measured from the top of the head to the end of the bolt or screw.

After unpacking the unit, open the hardware bag and make sure that you have all the following items. Some hardware may be already attached to the part.

	Part No. and Description	Qty
	56 Carriage Bolt (M8 x 1.25 x 60mm)	4
	57 Carriage Bolt (M8 x 1.25 x 85mm)	1
	60 Screw, Round Head (M5 x 0.8 x 10mm)	2
	64 Bolt, Hex Head (M8 x 1.25 x 20mm)	4
	65 Bolt, Hex Head (M8 x 1.25 x 40mm)	2
	69 Acorn Nut (M8 x 1.25)	4
	74 Arc Washer (M8)	6
	75 Washer (M8)	5

## ASSEMBLY INSTRUCTIONS

Place all parts from the box in a cleared area and position them on the floor in front of you. Remove all packing materials from your area and place them back into the box. Do not dispose of the packing materials until assembly is completed. Read each step carefully before beginning. If you are missing a part please call our toll-free number for assistance 1-800-375-7520 or e-mail us at customerservice@staminaproducts.com.



**NOTE:** Remove the **FIXING TUBES**, **WASHERS**, and **NUTS** from **MAIN FRAME(1)** and **REAR FRAME(2)** before any assembly. These parts are only for packing, do not dispose of the packing materials until assembly is completed.

### STEP 1

The **FRONT STABILIZER(4)** has two **MOVING WHEELS(48)** with an "R" decal on one end. Attach the **FRONT STABILIZER(4)** to the **MAIN FRAME(1)** with the wheels facing front and the "R" decal at the right side as shown in the illustration. Secure with the **CARRIAGE BOLTS(M8x1.25x60mm)(56)**, **ARC WASHERS(M8)(74)**, and **ACORN NUTS(M8x1.25)(69)**.

### STEP 2

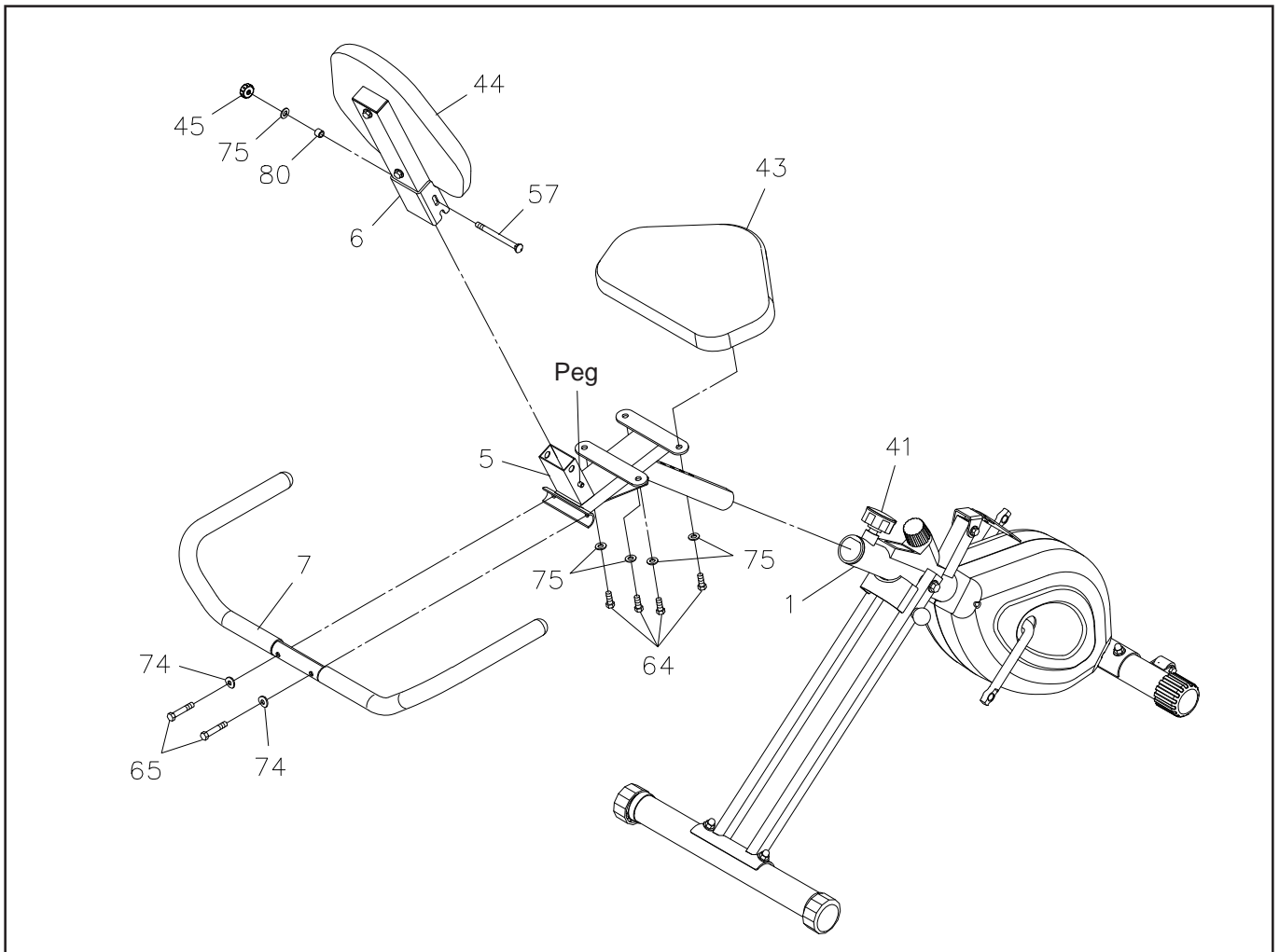
Attach the **REAR STABILIZER(3)** to the **REAR FRAME(2)** with **CARRIAGE BOLTS(M8x1.25x60mm)(56)**, **ARC WASHERS(M8)(74)**, and **ACORN NUTS(M8x1.25)(69)**.

**NOTE:** You can adjust the **LEVELING CAPS(50)** on the **REAR STABILIZER(3)** to keep the **INTONE® Folding Recumbent Bike** stable.

### STEP 3

Store the **PULL PIN(47)** by inserting the pin into the hole in the **REAR FRAME(2)**.

## ASSEMBLY INSTRUCTIONS



### STEP 4

Attach the **SEAT(43)** to the **SEAT FRAME(5)** with **HEX BOLTS(M8x1.25x20mm)(64)** and **WASHERS(M8)(75)**. Pull the **ADJUSTMENT KNOB(41)**, then insert the **SEAT FRAME(5)** into the **MAIN FRAME(1)** and secure with the **ADJUSTMENT KNOB(41)**.

**NOTE:**

1. It may be necessary to unscrew the **ADJUSTMENT KNOB(41)** slightly to insert the **SEAT FRAME(5)**.
2. Make sure that the pin on the **ADJUSTMENT KNOB(41)** is inserted into one of the holes in the **SEAT FRAME(5)**.
3. The **ADJUSTMENT KNOB(41)** should be screwed in tight to make the **SEAT FRAME(5)** fit securely in the **MAIN FRAME(1)**.

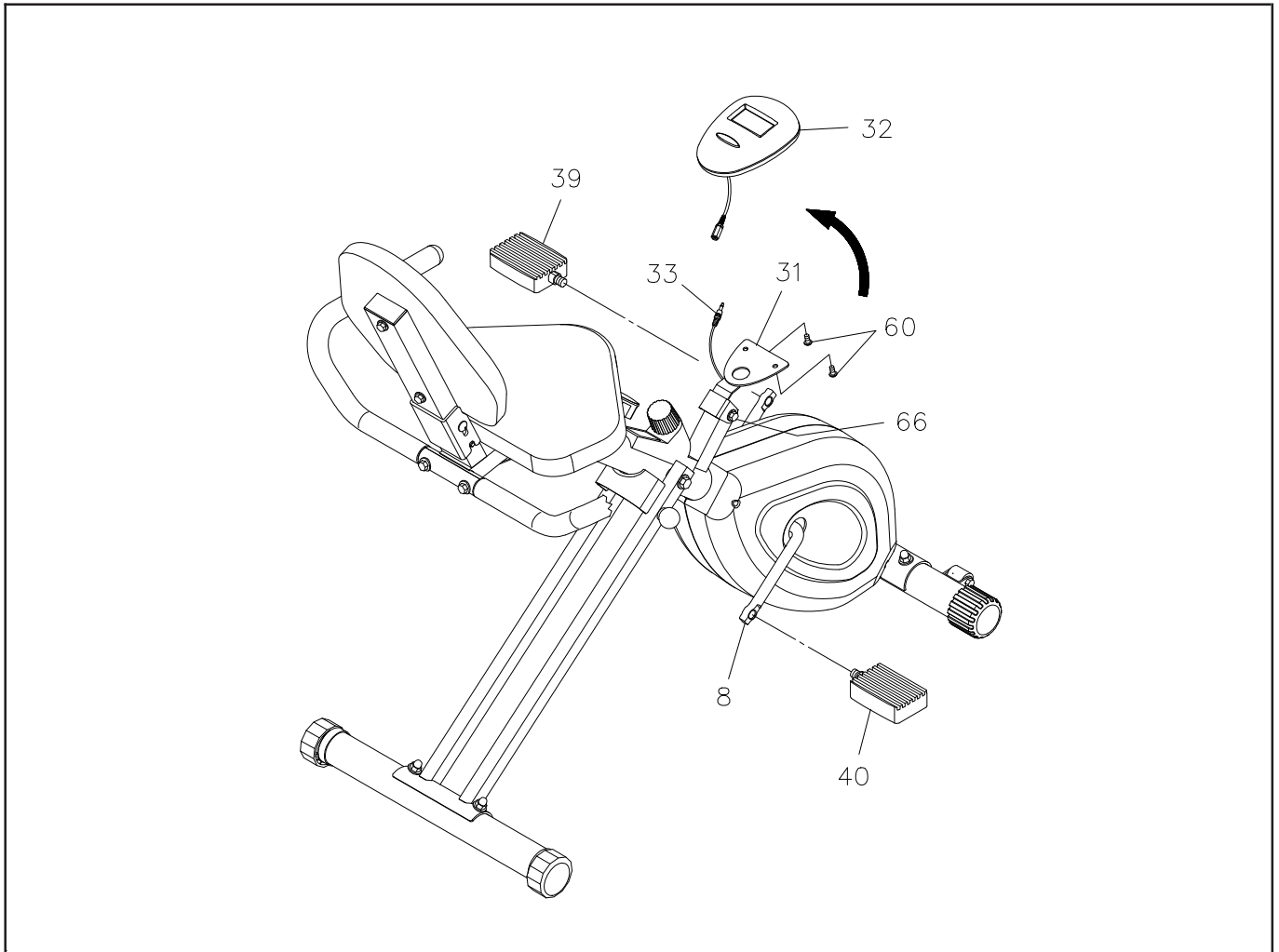
### STEP 5

Attach the **BACK SUPPORT(6)** to the **SEAT FRAME(5)** by sliding the slots in the end of the **BACK SUPPORT(6)** onto the pegs on the **SEAT FRAME(5)** and securing with **CARRIAGE BOLT(M8x1.25x85mm)(57)**, **SPACER(80)**, **WASHER(M8)(75)**, and the **LOCKING KNOB(45)**.

### STEP 6

Attach the **HANDRAIL(7)** to the **SEAT FRAME(5)** with **HEX BOLTS(M8x1.25x40mm)(65)** and **ARC WASHERS(M8)(74)**.

## ASSEMBLY INSTRUCTIONS



### STEP 7

**NOTE:** The **RIGHT PEDAL(40)** has **R** stamped on the end of the pedal shaft. The **RIGHT PEDAL(40)** has right hand threads and is tightened by turning clockwise. The **LEFT PEDAL(39)** has **L** stamped on the end of the pedal shaft. The **LEFT PEDAL(39)** has left hand threads and is tightened by turning counter clockwise.

Thread the **RIGHT PEDAL(40)** onto the right side of the **CRANK(8)**. Thread the **LEFT PEDAL(39)** onto the left side of the **CRANK(8)**.

### STEP 8

Refer to the illustration. Swing the **METER BRACKET(31)** up to a position where it can be seen while working out. **NOTE:** If necessary, loosen or tighten the **HEX BOLT(M8x1.25x55mm)(66)**. The **HEX BOLT(M8x1.25x55mm)(66)** should be tight enough to secure and hold the **METER(32)** in place yet loose enough for the **METER(32)** to be adjusted.

Install two **AA** batteries into the **METER(32)**, two batteries included. See page 10 for detailed battery installation instructions. Run the connection wire on the **METER(32)** through the hole in the **METER BRACKET(31)**. Then attach the **METER(32)** to the **METER BRACKET(31)** with **ROUND HEAD SCREWS(M5x0.8x10mm)(60)**. Plug the **SENSOR WIRE(33)** into the connection wire of the **METER(32)**.



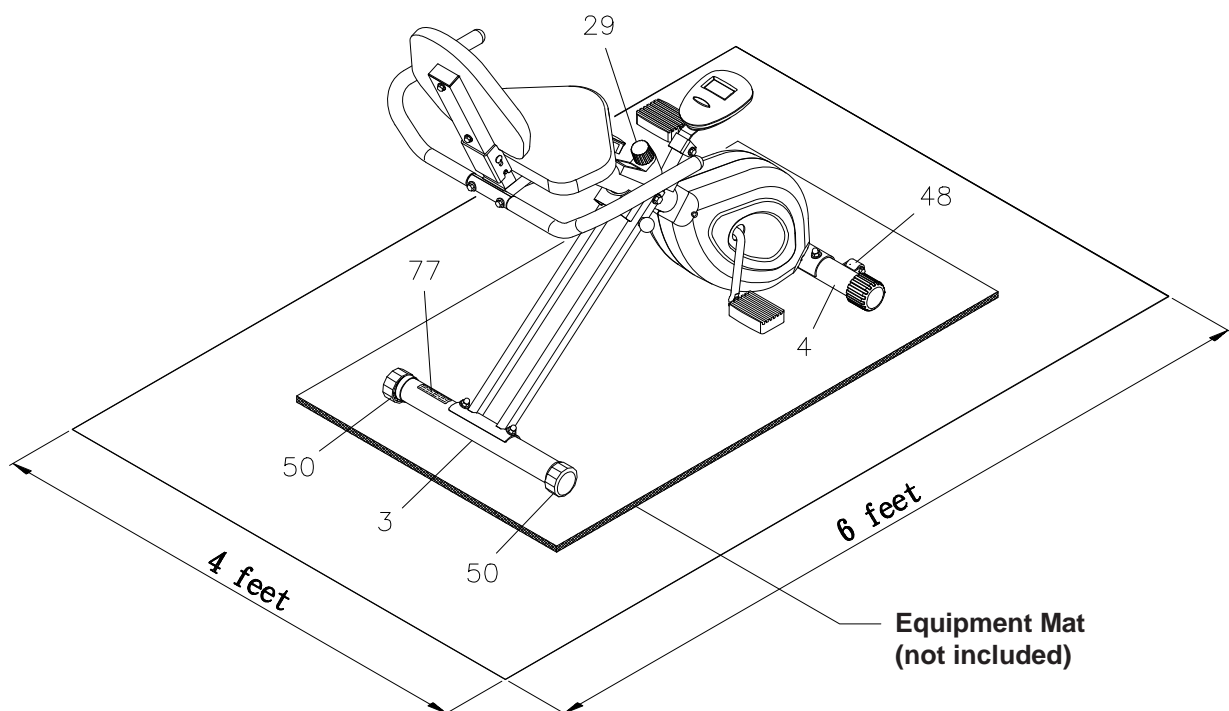
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## SET UP INSTRUCTIONS

Place the **INTONE® Folding Recumbent Bike** in the area where it will be used. It is recommended that the **INTONE® Folding Recumbent Bike** be placed on an equipment mat. The maximum operation dimensions of the **INTONE® Folding Recumbent Bike** are approximately 42 1/4" long x 25 3/8" wide x 44 1/4" tall. (These dimensions may vary up to one inch.) An area 4 feet wide x 6 feet long is required for safe operation of the **INTONE® Folding Recumbent Bike**. Make sure that adequate space is available for access to and passage around the **INTONE® Folding Recumbent Bike**.

**LEVELING:** Adjust the **LEVELING CAPS(50)** on the **REAR STABILIZER(3)** so that the **INTONE® Folding Recumbent Bike** sits on the floor without rocking.

**MOVING:** The **INTONE® Folding Recumbent Bike** has a pair of **MOVING WHEELS(48)** on the **FRONT STABILIZER(4)**. Fold the **INTONE® Folding Recumbent Bike**. Grasp the **HANDRAIL(7)** and tip the **INTONE® Folding Recumbent Bike** forward to move.



### FUNCTION INSPECTION:

Visually inspect the **INTONE® Folding Recumbent Bike** to verify that assembly is as shown in the above illustration. Check the function of the **INTONE® Folding Recumbent Bike**. Turn the crank slowly through one complete revolution to verify that the drive train functions properly. Adjust the **TENSION KNOB(29)** and verify that it functions properly.

**CAUTION:** Locate and read the **WARNING LABEL(77)** on the **INTONE® Folding Recumbent Bike**. Make sure that all users read the **WARNING LABEL(77)**.

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## OPERATIONAL INSTRUCTIONS

### USING THE ELECTRONIC METER

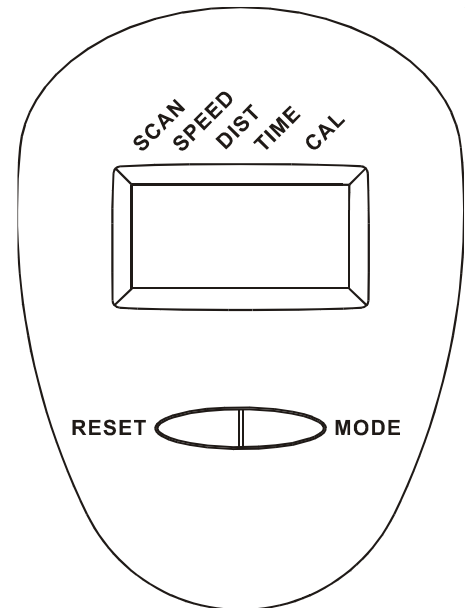
**POWER ON:** Pedal movement or press any button.

**POWER OFF:** Automatic shut off after three minutes of inactivity.

### FUNCTION BUTTONS :

**MODE :** Press and release to select the function to display on the screen.

**RESET :** Press the button and hold it down for two seconds to reset all functions to zero.



### FUNCTIONS:

**SCAN:** Automatically scans **SPEED, DISTANCE, TIME, and CALORIE** in sequence with a change every five seconds. Press and release the **MODE** button until the arrow on the display points to "**SCAN**".

**SPEED:** Displays the current speed from zero to 999.9 miles per hour.

**DISTANCE:** Displays distance from the time the meter is turned on to 999.9 miles.

**TIME:** Displays the time from one second up to 99:59 minutes.

**CALORIE:** Displays the calorie consumption from zero to 999.9 Kcal.  
The calorie readout is an estimate for an average user. It should be used only as a comparison between workouts on this unit.

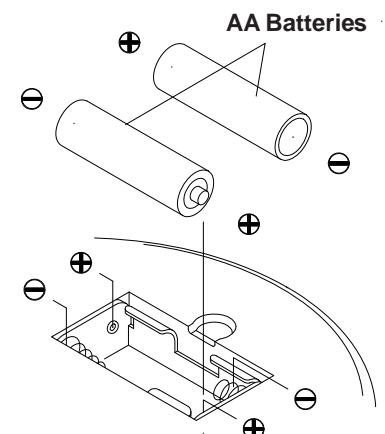
**NOTE:** The meter will shut off automatically after four minutes of inactivity. All function values will be kept. Push the **RESET** button to reset the functions to zero.

### HOW TO INSTALL AND REPLACE BATTERIES:

1. Open the Battery Door on the back of the meter.
2. The meter operates with two AA batteries, included. Refer to the illustration to install or replace the batteries.

### NOTE:

1. Do not mix a new battery with an old battery.
2. Use the same type of battery. Do not mix an alkaline battery with another type of battery.
3. Rechargeable batteries are not recommended.



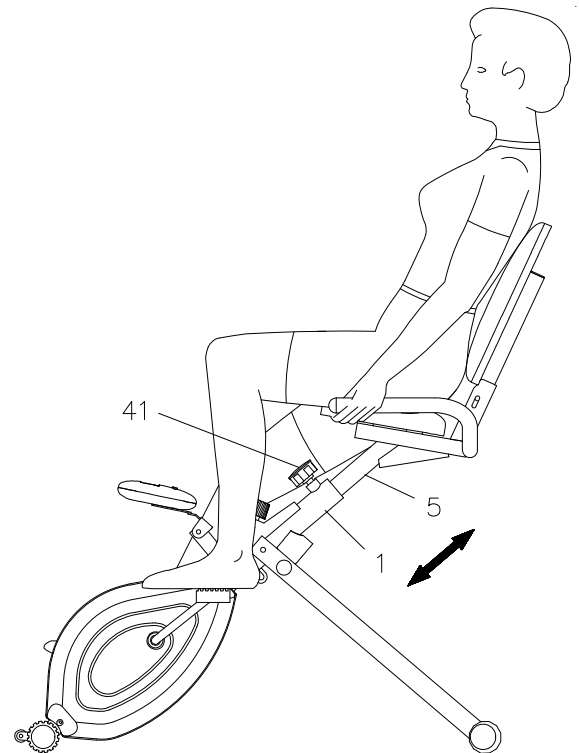
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## OPERATIONAL INSTRUCTIONS

### SEAT ADJUSTMENT

Proper seat adjustment is important.

1. Turn the **ADJUSTMENT KNOB(41)** to loosen, then pull the **ADJUSTMENT KNOB(41)** to release the pin. Slide the **SEAT FRAME(5)** until the **SEAT(43)** is at the proper height. Release the **ADJUSTMENT KNOB(41)** making sure the pin catches in one of the holes of the **SEAT FRAME(5)** and tighten the **ADJUSTMENT KNOB(41)**.
2. Sit on the seat and place your feet on the pedals. You should be able to move through a complete pedal stroke without locking your knees or shifting your hips on the seat. The seat is too close to the pedals if you have more than a slight bend in your knees at the bottom of the pedal stroke. The seat is too far from the pedals if you have to completely straighten your knees at the bottom of the pedal stroke. Refer to the illustration.

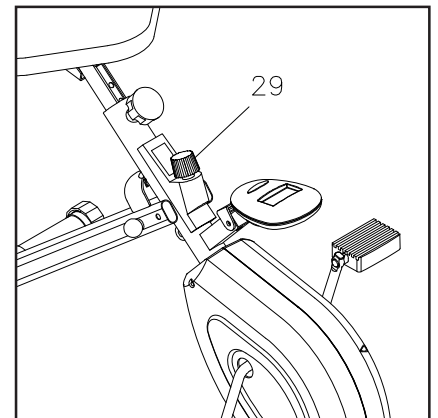


#### CAUTION:

1. Do not attempt to adjust the seat while you are on the **INTONE® Folding Recumbent Bike**.
2. Always tighten the **ADJUSTMENT KNOB(41)** after adjusting the seat to a new position.

### LOAD ADJUSTMENT

To increase the load, turn the **TENSION KNOB(29)** clockwise.  
To decrease the load, turn the **TENSION KNOB(29)** counterclockwise.



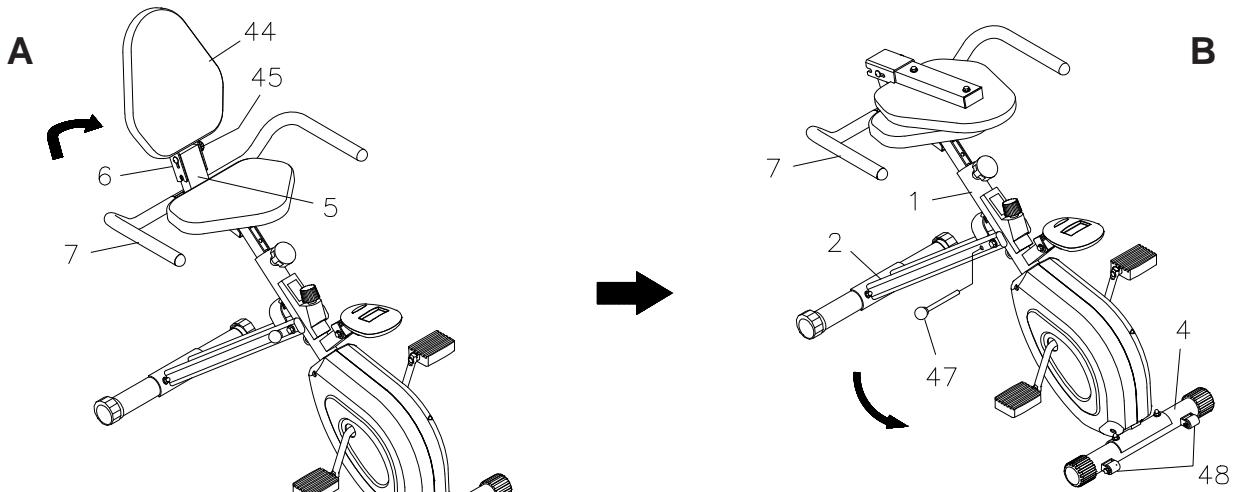
### MAINTENANCE

The safety and integrity designed into the **INTONE® Folding Recumbent Bike** can only be maintained when the **INTONE® Folding Recumbent Bike** is regularly examined for damage and wear. Special attention should be given to the following:

1. Adjust the **TENSION KNOB(29)** and verify that the Magnetic System provides tension. The Magnetic System should provide many years of use.
2. It is the sole responsibility of the user/owner to ensure that regular maintenance is performed.
3. Verify that all nuts and bolts are present and properly tightened. Replace missing nuts and bolts. Tighten loose nuts and bolts.
4. Worn or damaged components shall be replaced immediately or the **INTONE® Folding Recumbent Bike** removed from service until repair is made.
5. Only Stamina Products supplied components shall be used to maintain/repair the **INTONE® Folding Recumbent Bike**.
6. Keep your **INTONE® Folding Recumbent Bike** clean by wiping with an absorbent cloth after use.

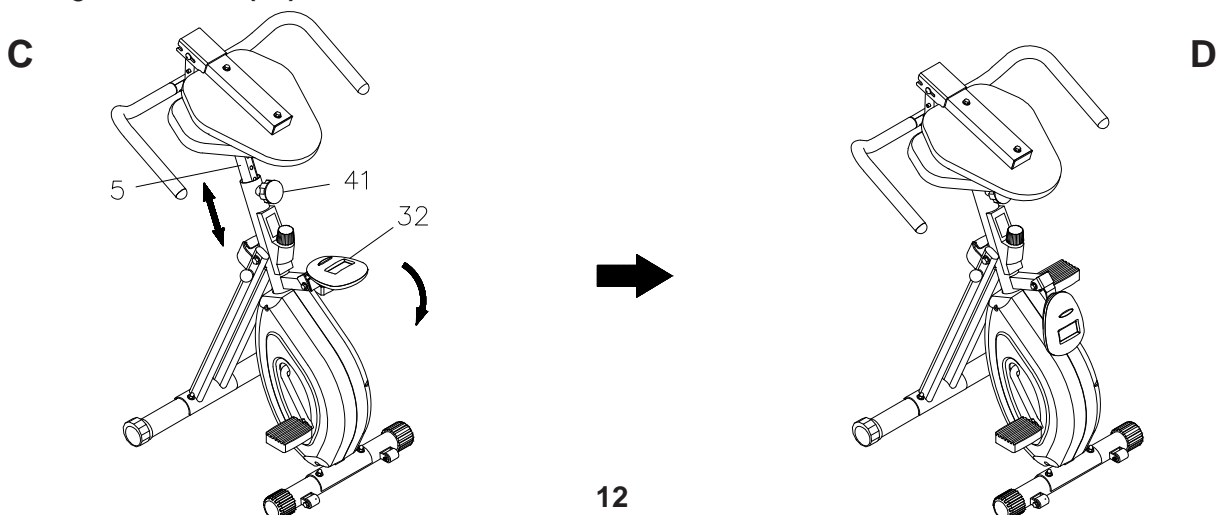
## STORAGE

1. To store the **INTONE® Folding Recumbent Bike** simply keep it in a clean dry place.
2. The minimum folded dimensions of **INTONE® Folding Recumbent Bike** are approximately 21 5/8" long x 25 3/8" wide x 42 1/4" tall. Please measure your **INTONE® Folding Recumbent Bike** if exact dimensions are needed.
3. The **INTONE® Folding Recumbent Bike** has a pair of **MOVING WHEELS(48)** built into the **FRONT STABILIZER(4)**. To move the bike, grasp the **HANDRAIL(7)**, tip the **INTONE® Folding Recumbent Bike** forward slowly, and roll into or out of the storage area.
4. To avoid damage to the **METER(32)**, remove the batteries before storing the **INTONE® Folding Recumbent Bike** for one year or more.
5. Follow the illustrated process below to fold the **INTONE® Folding Recumbent Bike**.
  - a. Loosen the **LOCKING KNOB(45)**. Lift up the **BACK SUPPORT(6)** and fold it forward. Tighten the **LOCKING KNOB(45)** after folding.
  - b. Remove the **PULL PIN(47)** from the **REAR FRAME(2)**. Fold the **REAR FRAME(2)** close to the **MAIN FRAME(1)** and lock it in folded position with the **PULL PIN(47)**.  
**NOTE:** Make sure the **LOCKING PIN(47)** goes through the holes on both sides of the **REAR FRAME(2)** and the ring on the **MAIN FRAME(1)**.



**NOTE:** When you fold the **INTONE® Folding Recumbent Bike** without changing the seat height or the angle of the **METER(32)** as described in the steps above and as shown in illustration C, there is no need to readjust your seat height or meter angle before your next workout. You can fold your **INTONE® Folding Recumbent Bike** smaller by following the next step.

- c. Loosen and pull the **ADJUSTMENT KNOB(41)**, then lower the **SEAT FRAME(5)** to the lowest position. Lock the **SEAT FRAME(5)** into position by releasing and retightening the **ADJUSTMENT KNOB(41)**. Swing the **METER(32)** down toward the floor as shown in illustration D.



## CONDITIONING GUIDELINES

How you begin your exercise program depends on your physical condition. If you have been inactive for several years or are severely overweight, start slowly and increase your workout time gradually. Increase your workout intensity gradually by monitoring your heart rate while you exercise.

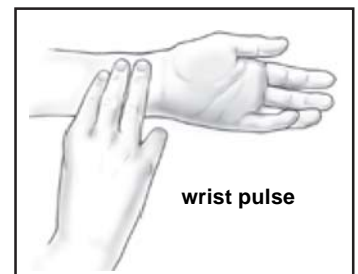
Remember to follow these essentials:

- Have your doctor review your training and diet programs.
- Begin your training program slowly with realistic goals that have been set by you and your physician.
- Warm up before you exercise and cool down after you work out.
- Take your pulse periodically during your workout and strive to stay within a range of 60% (lower intensity) to 90% (higher intensity) of your maximum heart rate zone. Start at the lower intensity, and build up to higher intensity as you become more aerobically fit.
- If you feel dizzy or lightheaded you should slow down or stop exercising.

Initially you may only be able to exercise within your target zone for a few minutes; however, your aerobic capacity will improve over the next six to eight weeks. It is important to pace yourself while you exercise so you don't tire too quickly.

To determine if you are working out at the correct intensity, use a heart rate monitor or use the table below. For effective aerobic exercise, your heart rate should be maintained at a level between 60% and 90% of your maximum heart rate. If just starting an exercise program, work out at the low end of your target heart rate zone. As your aerobic capacity improves, gradually increase the intensity of your workout by increasing your heart rate.

Measure your heart rate periodically during your workout by stopping the exercise but continuing to move your legs or walk around. Place two or three fingers on your wrist and take a six second heartbeat count. Multiply the results by ten to find your heart rate. For example, if your six second heartbeat count is 14, your heart rate is 140 beats per minute. A six second count is used because your heart rate will drop rapidly when you stop exercising. Adjust the intensity of your exercise until your heart rate is at the proper level.



Target Heart Rate Zone Estimated by Age\*

Age	Target Heart Rate Zone (55%-90% of Maximum Heart Rate)	Average Maximum Heart Rate 100%
20 years	110-180 beats per minute	200 beats per minute
25 years	107-175 beats per minute	195 beats per minute
30 years	105-171 beats per minute	190 beats per minute
35 years	102-166 beats per minute	185 beats per minute
40 years	99-162 beats per minute	180 beats per minute
45 years	97-157 beats per minute	175 beats per minute
50 years	94-153 beats per minute	170 beats per minute
55 years	91-148 beats per minute	165 beats per minute
60 years	88-144 beats per minute	160 beats per minute
65 years	85-139 beats per minute	155 beats per minute
70 years	83-135 beats per minute	150 beats per minute

\* For cardiorespiratory training benefits, the American College of Sports Medicine recommends working out within a heart rate range of 55% to 90% of maximum heart rate. To predict the maximum heart rate, the following formula was used: 220 - Age = predicted maximum heart rate

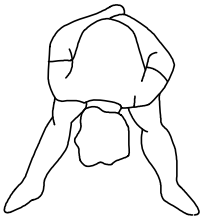
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## WARM-UP and COOL-DOWN

**Warm-Up** The purpose of warming up is to prepare your body for exercise and to minimize injuries. Warm up for two to five minutes before strength training or aerobic exercising. Perform activities that raise your heart rate and warm the working muscles. Activities may include brisk walking, jogging, jumping jacks, jump rope, and running in place

**Stretching** Stretching while your muscles are warm after a proper warm-up and again after your strength or aerobic training session is very important. Muscles stretch more easily at these times because of their elevated temperature, which greatly reduces the risk of injury. Stretches should be held for 15 to 30 seconds. Do not bounce.

### Suggested Stretching Exercises



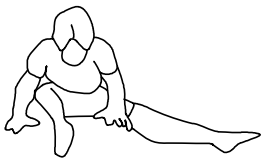
#### Lower Body Stretch

Place feet shoulder-width apart and lean forward. Keep this position for 30 seconds using the body as a natural weight to stretch the backs of the legs. **DO NOT BOUNCE!** When the pull on the back of the legs lessens, gradually try a lower position.



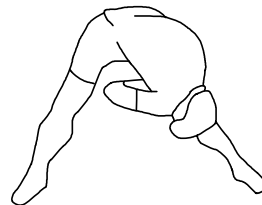
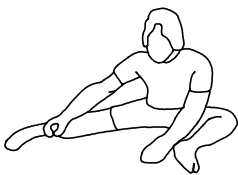
#### Floor Stretch

While sitting on the floor, open the legs as wide as possible. Stretch the upper body toward the knee on the right leg by using your arms to pull your chest to your thighs. Hold this stretch 10 to 30 seconds. **DO NOT BOUNCE!** Do this stretch 10 times. Repeat the stretch with the left leg.



#### Bent Torso Pulls

While sitting on the floor, have legs apart, one leg straight and one knee bent. Pull the chest down to touch the thigh on the leg that is bent, and twist at the waist. Hold this position at least 10 seconds. Repeat 10 times on each side.



#### Bent Over Leg Stretch

Stand with feet shoulder-width apart and lean forward as illustrated. Using the arms, **gently** pull the upper body towards the right leg. Let the head hang down. **DO NOT BOUNCE!** Hold the position a minimum of 10 seconds. Repeat pulling the upper body to the left leg. Do this stretch several times slowly.

**Remember to always check with your physician before starting any exercise program.**

**Cool-Down** The purpose of cooling down is to return the body to its normal, or near normal, resting state at the end of each exercise session. A proper cool-down slowly lowers your heart rate and allows blood to return to the heart. Your cool-down should include the stretches listed above and should be completed after each strength training session.

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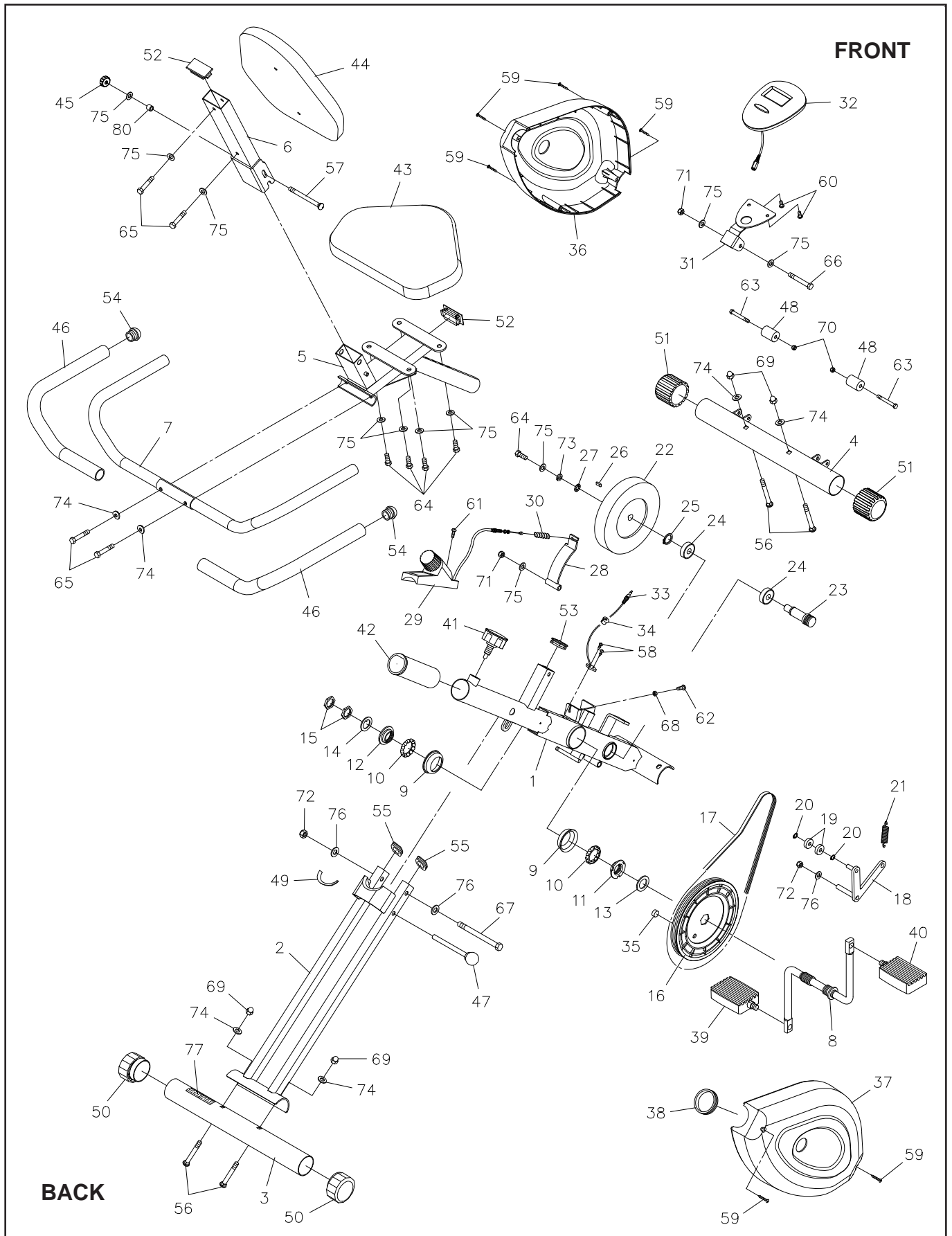
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# PRODUCT PARTS DRAWING





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## PARTS LIST

PART#	PART NAME	QTY
1	Main Frame	1
2	Rear Frame	1
3	Rear Stabilizer	1
4	Front Stabilizer	1
5	Seat Frame	1
6	Back Support	1
7	Handrail	1
8	Crank	1
9	Bearing Housing	2
10	Ball Bearing	2
11	Inside Bearing Collar	1
12	Outside Bearing Collar	1
13	Bearing Washer	1
14	Bearing Snap Washer	1
15	Bearing Nut	2
16	Pulley	1
17	V-Ribbed Belt	1
18	Idler Arm	1
19	Bearing (608zz)	2
20	C Ring (8mm)	2
21	Tension Spring	1
22	Magnetic Flywheel	1
23	Small Pulley/w Shaft	1
24	Bearing (6004zz)	2
25	C Ring (20mm)	1
26	Key	1
27	Wave Washer (M8)	1
28	Magnetic Brake	1
29	Tension Knob	1
30	Spring	1
31	Meter Bracket	1
32	Meter	1
33	Sensor Wire	1
34	Grommet Plug	1
35	Magnet	1
36	Left Cover	1
37	Right Cover	1
38	Ring Cap	1
39	Left Pedal	1
40	Right Pedal	1
41	Adjustment Knob	1
42	Bushing	1
43	Seat	1
44	Back Cushion	1
45	Locking Knob	1
46	Foam Grip	2
47	Pull Pin	1
48	Moving Wheel	2

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## PARTS LIST

PART#	PART NAME	QTY
49	Protection Pad	1
50	Leveling Cap (50mm)	2
51	Endcap (50mm)	2
52	Rectangular Plug (30mm x 60mm)	2
53	Square Plug (30mm x 30mm)	1
54	Dome Plug (25mm)	2
55	Oval Plug (20mm x 40mm)	2
56	Carriage Bolt (M8 x 1.25 x 60mm)	4
57	Carriage Bolt (M8 x 1.25 x 85mm)	1
58	Screw, Round Head (M3 x 10mm)	2
59	Screw, Round Head (M4 x 20mm)	6
60	Screw, Round Head (M5 x 0.8 x 10mm)	2
61	Screw, Round Head (M5 x 0.8 x 15mm)	1
62	Bolt, Round Head (M6 x 1 x 15mm)	1
63	Bolt, Hex Head (M6 x 1 x 47mm)	2
64	Bolt, Hex Head (M8 x 1.25 x 20mm)	5
65	Bolt, Hex Head (M8 x 1.25 x 40mm)	4
66	Bolt, Hex Head (M8 x 1.25 x 55mm)	1
67	Bolt, Hex Head (M10 x 1.5 x 110mm)	1
68	Nut (M6 x 1)	1
69	Acorn Nut (M8 x 1.25)	4
70	Nylock Nut (M6 x 1)	2
71	Nylock Nut (M8 x 1.25)	2
72	Nylock Nut (M10 x 1.5)	2
73	Lock Washer (M8)	1
74	Arc Washer (M8)	6
75	Washer (M8)	11
76	Washer (M10)	3
77	Warning label	1
78	Combination Wrench	1
79	Manual	1
80	Spacer	1

